

## ADVANCED STRENGTH TRAINING FOR TRICEPS AND CHEST

### CHAIR PUSH-UPS

This is a tough one but a good one. It will definitely help participants get out of chairs. I commonly assign this one to participants who cannot do a full chair stand. That is, while the rest of the class is doing Teeter-Totter Chair Stands, they'd be doing Teeter-Totter Chair Push Ups. Much of the movement is similar. They lean back, lean forward, and then instead of standing up they do the Chair Push-Up. It is very functional.

#### **Benefits** »

- ⦿ Strengthens the triceps.
- ⦿ Helps participants get out of chairs with greater ease and control.

#### **How to Do It** »

##### **The Start**

- ⦿ Participants sit at the edge of their chair with feet pulled back behind the knees, hip-width apart and flat on the floor.
- ⦿ They place their arms on the chair arms, with elbows pointing directly backward.
- ⦿ They should get a firm grip on the chair arms so they are prepared to push up through the palms of their hands.



##### **The Moves**

Use the following cues.

- ⦿ Lean back, bracing the abdominal wall.
- ⦿ Lean forward, keeping the back tall and stable.
- ⦿ Push up from the chair until the arms are straight and the hips are lifted off the chair. (Hands stay on the chair.)
- ⦿ Then use your arm strength to lower yourself back to the chair, with control (don't just plop back down).
- ⦿ The legs can assist, if needed.
- ⦿ Do just one or two repetitions to start, and then rest. Then try a few more. Build up to doing six to eight reps.

### **Take It Further »**

- ⦿ Add a few more repetitions.
- ⦿ Lower more slowly.
- ⦿ Do a second set.

### **Keep It Safe »**

This is a difficult one that requires the strength to lift most of their body weight off the chair. Build repetitions slowly. Like ABLE Bodies' chair stands, foot placement (feet behind knees) and momentum (leaning back then forward) will make this exercise easier to do successfully. Cue them to lower themselves back down to their chair with control; not to just plop back down.